

Governor's Proposed FY23 Budget Adjustments
Appropriations Hearing
HB 5037 AAC the State Budget for the Biennium Ending June 30th, 2023
Department of Mental Health and Addiction Services
Thursday, February 24th, 2022

Good Afternoon Senator Osten, Representative Walker, and members of the Appropriations Committee. I'm a member of the clubhouse, Teamworks, the social center of the mental health agency, Reliance Health and I would like to express my gratitude for the services I have received along my journey as a person in recovery from drugs and alcohol and mental illness. The resources and treatment I've been privileged to receive here continue to better me each and every day.

Teamworks makes a huge difference in my life and gives my peers and me a safe place in the community to attend. There are countless opportunities to grow and change here at Teamworks, let me share a few with you all.

First and foremost, I greatly enjoy the variety of trips that are offered such as hiking, social walks, events, and concerts. All of these activities allow for members to get out of their house and be active in the community without the extra costs of food and transportation that go along with it.

Secondly, the groups are very informative: varying from Men's Group, to Substance Education, to Anger Management, and Journey to Self-Fulfillment. During these groups we learn living skills that lead to job attainment and in so bettering the quality of our lives and those of us around us.

Finally, Teamworks allows its members the opportunity to have a safe, non-judgmental, stigma free, clubhouse: to meet people, socialize, have healthy

meals, and good coffee. In this welcoming environment the resources and connections to the community are available and we can become successful, contributing members not just of Teamworks, but of society.